



## HIV Prevention

Since no proven vaccine for HIV is available, the only way to prevent infection by the virus is to avoid behaviors that put a person at risk of infection, such as sharing needles and having unprotected sex.

Because many people infected with HIV have no symptoms, there is no way of knowing that a sexual partner is not infected unless he or she has tested negative for the virus after six months of no risky behavior. It is recommended that people either do not have sex or they protect themselves by using barriers such as latex condoms, dental dams and female condoms whenever having oral, anal or vaginal sex. Water-based rather than oil based lubricants should be used with latex condoms.

A personal prevention plan begins with learning your HIV status through counseling and testing.

Read more about HIV prevention at <http://www.cdc.gov/hiv/default.htm>.

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## HIV testing and Counseling

The HIV Counseling and Testing Program offers free confidential HIV testing Monday through Friday from 8:00am to 3:30pm. Option for HIV quick test with results available in 15 minutes. Testing is offered by experienced counselors in a confidential, supportive and educational manner. Questions call 301-759-5138.

CDC: Should I get tested for HIV?

<http://www.cdc.gov/hiv/basics/testing.html>

DHMH HIV fact sheet:

[http://phpa.dhmh.maryland.gov/IDEHASharedDocuments/AIDS\\_HIV\\_%20FactSheet.pdf](http://phpa.dhmh.maryland.gov/IDEHASharedDocuments/AIDS_HIV_%20FactSheet.pdf)

HIV/AIDS Basics

[www.aids.gov/hiv-aids-basics/](http://www.aids.gov/hiv-aids-basics/)